

Abstract

Title: Lifestyle changes affecting the overweight or obese women

Objective: The aim of our investigation will determine whether through physical activity and eating habits can positively affect body weight reduction in adult women with overweight and obesity. This work would also like to draw attention to eating a mostly physical habits that may not be enough , and I would also like to point out how women are familiar with this issue .

Methods: To get all the data has been recovered poll list , which consists of 22 questions selected and which lasted for one month . The main task is to compare the physical and dietary habits among adult women with normal weight women and overweight and obesity. Filling in the poll list that I created on the site vyplneto.cz was completely anonymous . This could be posted to the most objective answers.

Results: From the research we have confirmed all three hypotheses . We can say that women who are overweight and obese have higher energy intensity than women with normal weight , because often consume inappropriate foods that are energy rich . Regularity Boarding is at a better level in women with normal weight . Women who are overweight and obese have an exercise regimen with a lower volume than women with normal weight . Effects of physical activity and eating properly can reduce overweight and obesity in adult women.

Keywords: Physical activity , exercise habits , overweight and obesity , nutrition , eating habi